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The Naturally Clean Home: 150 Super-Easy Herbal Formulas For Green Cleaning



Synopsis

Keep your home clean, green, and healthy! Learn how to disinfect and freshen your house using powerful all-natural cleaners made by mixing essential oils together with common nontoxic kitchen ingredients like baking soda, lemon, and vinegar. Discover how fruits and herbs can brighten any room with revitalizing scents. With more than 150 recipes for all-natural, easy-to-prepare solutions, Karyn Siegel-Maier shows you how to clean wood, glass, tile, porcelain, fabric, carpets, and more "naturally and safely."

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Customer Reviews

I purchased this book in order to make my own natural cleaners rather than buying the commercial ones at the healthfood stores in order to save money. Initially you'll have to spend some money on buying essential oils (these cost the most) and so forth. I have tried several of the recipes. The Tough Dirt & Grease floor cleaner works great. I've also tried a couple of the different copper cleaners on my Revere ware pots and both worked great. The castille based dish soap, I'm not too crazy about for several reasons, 1. the water turns white 2. it doesn't suds up much and 3. if you don't towel dry your glasses they look cloudy. I used Desert Essence castile soap with tea tree oil the first time and the second time I use Dr Bronners and both had the same results. My hands don't dry out but that didn't really balance out having to towel dry every dish. So I guess I'll be using BioKleens' dish soap again. The overnight toilet bowl cleaner was just the same as adding plain borax, letting it sit for an

hour or overnight and scrubbing with a brush it just smelled nicer due to the essential oils. Basically it came down to this: borax, washing soda, baking soda, white vinegar and castile soap, which all of us green cleaners keep on hand this book just tells you what essential oils to add to the mixture. The author also has a section about drying your own herbs to make scouring powders and such. Baking soda is a fairly good scouring powder on it's own. It does have very handy tips on how to clean everything in your house except for leather furniture. You can find almost all of these recipes online on different green sites, but it is nice to have handy in a little book that tucks nicely away in the cleaning cabinet. The index is rather confusing, if you are looking for say scouring powder it won't be listed under scouring powders, you would have to look under bathroom cleaners for them. Overall the book is okay, but I guess I was hoping for more than just adding essential oils to everything.

This book contains recipes for any cleaning product a person could ever want to use around their home, including carpet shampoo, laundry soap, garden and pest control (even deer), potpourri and sachets, tarnish remover, wood cleaners and polishes, computers and office equipment, oven cleaner, BBQ grills, wicker, cars, exterior siding (including stone and brick), and garden tools! And all of the ingredients are completely nontoxic. Not only that, it teaches you HOW to do the jobs and properly care for your home and items you own. It is an excellent all-around instruction book for green housekeeping in every sense.

Having read that the indoor pollution is far worse than the outdoor pollution because of toxic chemicals present in many of household cleaners, I wanted to switch to using more eco-friendly, non-toxic cleaners. I thought this book might teach me how to make effective cleaning formulas other than mixing baking soda and vinegar. The book does have many formulas for cleaning everything in the house, but so far it hasn't worked well. Here is an example from the book (word for word); No-Scrub toilet bowl cleaner Use this one in toilet bowls that have an everlasting ring around them. (Like the kind you find in the bathroom of your vacation cabin after six months of nonuse.) You can employ this recipe just before going to bed; by morning, even the toughest of stains will have disappeared. 1 cup borax 1 cup vinegar 10 drops pine or lavender essential oil 5 drops lemon or lime essential oil Combine all ingredients in a plastic bowl or bottle and pour all at once into the toilet bowl. Allow to sit overnight. In the morning, just flush! If this formula works for you, then this book is probably right for you. As for me, I flushed the toilet in the morning and the stains were still there, clear as ever. I ended up cleaning with baking soda and vinegar and it did much better job getting rid of the ring.

I consider this book either a jumping off point, or a nice addition to an already stocked armory. I wouldn't use this as my only source of household cleaners recipes, and I certainly don't follow all of the recipes to the letter. I take pieces that I like, make adjustments, and see what works for me. I absolutely love that the author included lists of the properties of essential oils. Yes, this could probably be found online, but I like having it handy and all in one spot. Also, I really like that she tells you what to purchase for your beginners kit. A lot of people complained about having to buy so many essential oils, and how expensive they are. Quit whining, folks. If you don't have an essential oil that a certain recipe calls for, sub in something else. It's house cleaning, not rocket science. Most of the recipes in each section have the same basic ingredients; the author just gives you ideas of how to "spice" it up with different scents. I love not having to reek of baking soda and vinegar every time I clean my bathroom. Is this the best book ever, full of incredibly life-changing information that can be found nowhere else? Nope. But I liked it.

I have been making my own cleaners for sometime now but wanted a book with some recipes and pointers to clean more things more naturally and better. I like this book a lot but I have one thing to complain about. There is no recipe for glass cleaner! Major flaw in my opinion. I went through the book several times, I'm sure it is not in there. I came up with my own recipe of 7 parts club soda and 1 part white vinegar. It works well; I think the club soda cleans while the vinegar allows a streak free shine. All in all I do like the book though. It's nice to get things clean quickly and as easily as possible while being careful to not pollute the environment and harm ourselves and our family.

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